



Us TOO[®]

PROSTATE CANCER EDUCATION & SUPPORT

C e n t r a l I l l i n o i s C h a p t e r

February 2009

Volume 15, Issue 2

Contact Information:

Bob Hermann
Chapter Leader
428-3849
hrmnbp@comcast.net

Nikki Damery
DMH Cancer Care Institute
876-2370
nikkid@dmhhs.org

Terri Eller
DMH Clinical Research
876-6614
terrib@dmhhs.org

Next Meeting:

Tues, February 24th

Time: 4:30pm

Location:

Cancer Care Specialists of Central Illinois
2884 N. Monroe St
Decatur, IL
North entrance

Meetings held monthly on the 4th Tuesday

Our next meeting

Our guest speaker this month will be Mike Stewart from the DMH Wellness Center. He will be discussing information about our Healthy Life Style Series, "Exercising your way to preventing prostate cancer or recurrence."

Mike was born and raised in Decatur, and is a graduate of St. Teresa high school. After high school, he attended Eastern Illinois University and graduated with a degree in Exercise Physiology. During and after college, he spent 4 years working in the DMH cardiac rehab department. During that time, he trained and exercised patients following heart surgery, and patients that suffered from other heart-related conditions. He started working for the DMH Wellness Center's adult weight management about 2 years ago. He currently holds the position of exercise physiologist and fitness center supervisor. He has also done work in personal training and athletic performance testing.



Missed a meeting?

All of our meetings are taped and available on VHS for our members to borrow.

News from Macon County Health Department

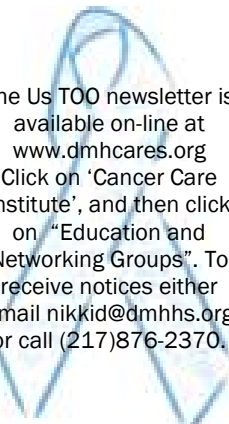
What: Free PSA Blood tests & information. **Where:** Elks Lodge
1080 S Franklin.
When: Saturday, Feb. 21, 2009, 12–3pm **Decatur, IL**

2009 Us TOO Meeting Schedule

- Feb 24 A Healthy Life Style Series II: Exercising your way to preventing prostate cancer or recurrence
- Mar 24 A Healthy Life Style Series III: Managing stress to prevent prostate cancer or recurrence
- Apr 28 Ask the Experts....conversations with a urologist, medical oncologist and radiation oncologist
- May 26 The hottest of the Hot Sheets, Useful information gleaned from Hot Sheets, open discussion
- Jun 23 Reclaiming Intimacy
- Jul 28 The cutting edge treatments available for prostate cancer at all stages
- Aug 25 Pathology 101: Understanding a gleason score and grade at biopsy and after
- Sep 22 3rd Annual Community Prostate Cancer Seminar (meeting at DMH)
- Oct 27 Knowledge and awareness to help keep the glitter on the golden years
- Nov 27 Seeking help from complementary & alternative medicine
- Dec No meeting—Merry Christmas!



The Us TOO newsletter is available on-line at www.dmhcares.org. Click on 'Cancer Care Institute', and then click on "Education and Networking Groups". To receive notices either email nikkid@dmhhs.org or call (217)876-2370.



Hi Friend,

January 30, 2009

Us TOO International has been approached to help recruit patients with advanced prostate cancer to take part in a brief online survey.

NATREL USA, a respected global healthcare communications and research company, is seeking feedback from patients with advanced prostate cancer. They are interested in understanding the feelings of prostate cancer patients and their spouses following their cancer diagnoses. NATREL is also interested in understanding patients' expectations and goals of therapy, as well as where patients gather information about their cancers. This is a critical area where we know a lot of opportunities exist for better educational resources.

If you are interested in providing helpful information on these topics, please take just 5 to 10 minutes to complete this short online survey.

Not only will you have a chance to get your opinions in front of the manufacturer of a prostate cancer treatment, but also for every completed survey, NATREL will make a donation to Us TOO International.

Here are some details regarding the survey and who can take part:

Who Can Take Part? The survey is open to anyone in the United States, Canada, or the UK who has been diagnosed with advanced prostate cancer. This includes patients considering their treatment options, those currently receiving treatment, and those who are no longer receiving therapy.

Next Steps: To take the survey, simply click on the link below and you will be redirected to the survey. The survey is anonymous, so respondents will not have to supply any personal information.

http://www.surveymonkey.com/s.aspx?sm=YJcePZgBwkt3bDbCLfJ5Tw_3d_3d

Thank you for participating. Your participation is very valuable-it allows us to continue providing information and support services such as this Prostate Pointers community for prostate cancer patients and their families.

With high regards,
Tom Kirk, President & CEO
Us TOO International
tom@ustoo.org

*Facing Cancer Together, Komen Group,
Ovarian and Us TOO Prostate Cancer
Support Groups*

Are invited to attend a special presentation

**An update on the
Cancer Care Center of Decatur**

Presented by:

**Edward C. Elliott, M.D.
Radiation Oncologist**

Wednesday, March 4th, 2009

**6PM at Decatur Memorial Hospital
Classrooms**

*Please RSVP by 3/3/09 at 876-6620 or
jacox@dmhhs.org*

Comments and suggestions are welcome

Us TOO Mission Statement:

Our meetings provide a forum in which we can discuss problems and anxieties related to prostate cancer. In addition, the group serves as a resource of medical information for all participants. We strive to maintain a positive and supportive attitude, have an enjoyable time, and encourage each other as we take our walk on the prostate cancer journey. If you have a concern between meetings, seek us out for emotional support or a listening ear.

Online Resources

Us TOO International, Inc. 1-800-808-7866 www.ustoo.com	National Cancer Institute 1-800-4-cancer www.cancer.gov
---	--

Decatur Memorial Hospital www.dmhcares.org 217-8766620	American Cancer Society 1-800-227-2345 www.cancer.org
---	--

Caring 4 Cancer
Complete source for knowledge & support
www.caring4cancer.org

Central Illinois Us TOO Newsletters
www.dmhhs.org/services/cancer/support

Services Offered

- HIM (Helping Inquiring Men) provides "one-on-one" assistance, information and peer support to newly diagnosed prostate cancer patients.
- Transportation
- Free Patient Education & Resources Kit for newly diagnosed patients
- Monthly newsletters

KNOWLEDGE IS POWER.

Men and their families who become educated about prostate cancer will learn how to take better care of themselves and monitor their health.

Lending Library

A variety of books and videos are available for check out at the monthly meetings.

Books:

- Dr. Katz's Guide to Prostate Health
- 100 Questions & Answers About Prostate Cancer
- Saving Your Sex Life

VHS Videos:

- 2008 & 2009 meetings

DVD's:

- The Patient's Guide to Prostate Cancer
- Testimonies to Regained Sexual Potential
- Erectile Dysfunction Treatment
- Urinary Incontinence Treatment
- Reclaiming Intimacy